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# Black pepper – spices as medicine

Sometimes the simplest remedies can be the most powerful. I wrote recently about the humble “farmer’s friends” (*aka Bidens pilosa*) which is an impressive plant antimicrobial, effective against many infections.

My new favourite medicinal herb is another humble plant, the black pepper (*Piper nigrum*). The most relevant thing about black pepper is it acts as a “synergist”, enhancing the actions of other herbs/medicines. The ancients have known this forever. Now modern science has given us the fascinating explanation of how pepper acts to enhance the action of many other herbs.

In my previous articles I have written about “systemic” herbal antibiotics including *cryptolepis* and *bidens*. These herbs have the somewhat rare ability to move via the bloodstream to all areas of the body, hence the “systemic” label. Many other powerful herbal antibiotics such as goldenseal, garlic, and usnea do not easily cross the gastro-intestinal tract to generate significant action in the bloodstream. They are considered more locally acting antimicrobials (they can act within the gut, or through elimination organs such as lungs, kidneys and skin). A synergistic herb such as black pepper can move more of these herbs into the bloodstream.

The way this works is interesting. With the



**Nature's pharmacy**  
by Trish Clough, herbalist

wisdom of nature, the gut barrier closes off to foreign substances not recognised as familiar or ‘safe’ in the body. So they are confined to the digestive tract and eliminated. This mechanism protects us to some extent from toxins and poisons.

The body produces a substance called P-gp (*permeability glycoprotein*) in cells of the gut, liver, kidneys and the blood-brain barrier. I thought I would give you a definition so I went to Wikipedia, and it tells us: “P-gp is an ATP-dependent drug efflux pump for xenobiotic compounds with broad substrate specificity”. So I thought perhaps I could explain it more clearly.

The role of P-gp is to identify whether an ingested substance is safe or not safe. If the substance is recognised as harmful, it will be blocked and eliminated before it can spread via the bloodstream. This seems extraordinarily clever. However, there are times, eg when administering medicine, that we want to

stop P-gp from doing its job because we actually want a therapeutic substance to spread through the bloodstream. As it happens, many medicines inhibit or stop P-gp action. Black pepper, and particularly its active ingredient piperine, are potent inhibitors of P-gp. Put simply, this means that if you take piperine or black pepper with other medicines, more of the medicine will pass through the intestinal wall and into the bloodstream. I hope that makes more sense than Wikipedia.

As an example, the active ingredient in turmeric is up to 32 times higher in the bloodstream if taken with black pepper. If you are treating inflammatory infections, black pepper is particularly helpful. It will enhance the action of pain relieving herbs in conditions such as arthritis. It will provide additional nerve cell protection if you are treating neurological problems. The main active ingredient, piperine (the constituent that makes the intense peppery taste) has been found to protect brain structures from nerve cell damage.

Black pepper is most effective taken 15 – 30 minutes before other herbal medicines. I made a tincture which I dispense as a separate small bottle (dosing is very small at 5 drops). This can be taken 15 minutes before the main herbal mixture. The taste indicates it is very high in piperine!

As with all great medicinal herbs there are precautions. Black pepper as a medicine (tincture or piperine on its own) is definitely to be avoided if you are taking any pharmaceutical medicine. Because it increases the bioavailability into the bloodstream, this could create a dangerous toxicity in many pharmaceuticals which are influenced by the P-gp pathway. It should not be used by women attempting to get pregnant as it can interfere with egg implantation in high doses. Long term dosing with piperine can have significant reduction in sperm production and testosterone levels. It is not recommended to take high doses for more than 2 weeks.

Despite these precautions, a small amount of pepper in food would be safe. I am finding it very useful in treating certain ailments, as long as the patient is not taking prescription medicines.

*The information in the column is meant for general interest only and should not be considered as medical advice.*

*Trish Clough has been a practising herbalist in Lismore for more than 30 years.*

*After owning “Traditional Medicinals” for 20 years she now conducts her own clinic practice in Club Lane.*

*Trish is available for consultations by appointment on 0452-219-502 or email: [trishclough@internode.net.au](mailto:trishclough@internode.net.au)*

# Thinking about human reciprocity

There is a rare neurological disorder known as the möbius syndrome which is characterized by a facial weakness whereby those with the possibly genetic condition cannot smile, frown, purse the lips, raise the eyebrows, or close the eyelids. There are other bodily abnormalities as well, but the facial ones are more relevant to what I want to explore here. The lack of facial mobility gives the impression of a blankness of presence.

The condition is named after Paul Julius Möbius, a neurologist who first described the syndrome in 1888. Having a blankness of presence is confusing to other people, because in most human interactions there is a reciprocal dance of mirrored expression and when one person isn't responding to the dance, the other has nothing much to go on, and communication breaks down. A similar state of affairs sometimes occurs in severe clinical depression and schizophrenia and other such conditions, and also as an unfortunate consequence of long term use of taking certain antidepressants and antipsychotics. But there is more going on here than a flattening of facial expression (a sort of pastiness, a dullness of facial mobility), there is also a coupling of blunted affect where the person isn't feeling very much about anything or anyone, coupled with a dulled vocal range. As with the people suffering with the möbius syndrome, they have a profound sense of social isolation, and not much of a sense of other people having their own realities, except as an

abstract idea. This is easy to understand because it is in the act of mutual responsivity that there is a reciprocity which connects us. In that mobile engagement there is a you and an I and an us.

We respond to each other, we share our thoughts, and to some extent, our feelings, but we get many of our cues about what is being shared by what we are seeing, as well as hearing, concerning the other person. When in the presence of a person not very readable, we have little to go on, so communication breaks down and as this happens the unreadable feels more and more excluded. Interestingly, or I find it so, at the same time in history as the identification of the möbius syndrome (actually 30 years previously, in 1858) a mathematician and astronomer named Ferdinand Möbius came up with a mathematical morphological figure that describes a looped surface with one continual side. This figure is known as the *möbius strip*, named after him. It is a loop with a single twist to it, so that when you follow surface A all around you end up on surface B. In other words the usual two apparent surfaces of a loop, when followed around turns out to be a single surface.



The graphic artist, MC Escher (1898-1972) endlessly played with the möbius strip in drawing apparently impossible stairs and buildings where up becomes down, and so forth. Continuous looping is used in industry, in recording tapes, in knitting, and other places. It's a really useful idea, and a beautiful one. You'd think, almost, that the möbius strip and the syndrome came out of the same idea, except

for the fact that they were described by actual people, sharing the same surname. Both, though, are very useful in providing a metaphor for connection and conversation and the consequence of breakdown to the interconnection. Surface A (you) and Surface B (I) become us when both of us have the means to actively engage in connection. The problem of healing the other, and self, in order to vivify connection then becomes crucial, and finding a way for this to happen becomes essential. The therapeutic conversation is a very good place to start this. As we know, really, healing starts in the presence of an active listener and one trained to move beyond the level of appearances. You could say, the point of meeting then allows you to be responsive to me and me responsive to you and thus awakening feelings of inner aliveness and reconnection to one's own self as a member of a community.



# Acupuncture for pregnancy

by Kirrah Stewart

An interview with fertility and pregnancy acupuncturist Elissa Pelling

**KS:** How can acupuncture help women throughout the journey of fertility, pregnancy and postpartum?

**EP:** Acupuncture is great as a stand alone modality but it also works well in combination with other treatments. I find pregnant women are really responsive to acupuncture as they are often so energetically open during this time.

Acupuncture can:

- help regulate hormones and the nervous system;
- enhance circulation which helps create healthy reproductive organs;
- help alleviate anxiety and depression;
- help with morning sickness and threatened miscarriage;
- help digestion, which is key to having a healthy pregnancy and baby;
- boost the immune system;
- help with physical aches and pains like back and hip pain;
- helpful for healing wounds, scars, hemorrhoids and varicosities ; and
- be a fantastic treatment for after the birth to increase yang energy and help the new mother heal.

**KS:** Is acupuncture something people should turn to when they are having a pressing issue or is it more valuable to receive regular care?

**EP:** In Traditional Chinese Medicine we believe that it is much better to maintain your health rather than treat illness. If you have chronic health issues, or if you have a history of a problem in a previous pregnancy then I would encourage some regular treatment to try and prevent problems. It's usually easier to get on top of a problem at the beginning than a few months down the track.

**KS:** How do you support clients who are needle-phobic when they come in for acupuncture visits?

**EP:** I am quite gentle with my needling and approach. I use very good quality, fine needles in my treatments so the insertion is pretty comfortable. We do aim to get a 'de qi' sensation which is often a dull,



ache or even itchy sensation, this generally subsides and isn't painful. Generally the anticipation is worse than the reality.

**KS:** Can acupuncture help induce labor?

**EP:** Acupuncture is very effective for helping to induce labour when it's required. This is a really strong treatment and it can take a couple of sessions to really kick start labour. I suggest starting earlier rather than later if medical induction is looking likely.

**KS:** What about helping turn breech babies?

**EP:** Yes, acupuncture can be useful for helping turn a breech baby. This is best done between 34 and 35 weeks if possible. Statistically about 50% of babies breech at 34 weeks will turn head down by the time of labour with no intervention, using moxa and acupuncture brings this up to around 75%. I generally suggest women do the moxa in conjunction with the moves on the 'spinning babies' website, to really encourage that movement.

**KS:** Are there any common misconceptions about acupuncture that you want to clear up?

**EP:** In the Northern Rivers many people are pretty open to complementary medicine and are quite savvy about their health options. One of the main issues that concerns me is that not all people who call themselves acupuncturists are actually qualified. Please make sure that you are seeing an appropriately qualified practitioner, especially during pregnancy. Some practitioners do a 2 or 4 day training course in needling and say they do acupuncture, or sometimes it is called dry needling. Registered acupuncturists do a 4 year degree. You can check practitioners

registration as an Acupuncturist with AHPRA.

**KS:** Walk me through a typical visit with you. What can a new client expect for their first acupuncture session?

**EP:** In the initial consult we spend over an hour getting a thorough history and understanding the constitution of the person. In Chinese Medicine we generally try to be holistic and treat the individual, rather than the condition. Once I have the history and information that I need, we get the woman comfortable on the table. I will then usually take her pulse and then insert around 8 needles at the points I feel will most help her. I may do some moxa if that is required and then I will leave her to breath and relax and listen to some music. Most people find it pretty relaxing. Acupuncture stimulates the parasympathetic nervous system, or the rest and digest aspect of our nervous system, so most people leave feeling pretty chilled out.

**KS:** What is your favourite part of your job?

**EP:** I work in fertility and pregnancy and I love the balance in my job. Fertility is so rewarding when women who have been struggling to conceive finally get pregnant. It can be a long and challenging journey to get there for some.

Women are so responsive during pregnancy, so I love that I can get fast results and make a really big difference to how someone is experiencing their pregnancy. If a woman has been feeling anxious, sick, or in pain, it's really rewarding to help her shift to feeling relaxed and comfortable again. And I get to see and chat about all the amazing things a body can do during pregnancy and birth, and I get excited for them about meeting their babies for the first time.

*Elissa works out of the Lismore Birth House and the Bangalow Health Centre. Find out more at: [www.elissapelling.com.au](http://www.elissapelling.com.au) For the chance to win a pregnancy massage text your name and email to 0429-308-851 or visit [www.traditionalwisdom.com.au](http://www.traditionalwisdom.com.au)*

# Natural law

Many of us are venturing deep – deep into the depths of our Being.

Uncovering the roots of old stories that still hinder us today. Sure we can run, but we can't hide from the pain of the past. Like in the children's story, *We're Going on a Bear Hunt*, "We can't go over it. We can't go under it. Oh no! We've got to go through it!" (Rosen & Oxenbury, 1989)

And through it we must go, to truly free ourselves from these stories that hold us back. If you find that your past is resurfacing in some way, go with it. It's time to acknowledge and tell this part of your story, and feel the associated feelings. When you move through your story like this, the heaviness truly lifts, the obstacles dissolve and you integrate the story in a new way. You carry deep wisdom instead of a deep wound.

It is true some of our world is physical, and that comes with density. However, the majority of our world is energy, and we must return our focus to this life energy, that surrounds and is within us. Think meditation, yoga, tai chi, qi gong and quality time with nature. When we regularly restore and maintain the healthy flow of life energy, we position ourselves in the flow of life itself. We tangibly sense our connection to all that is, and feel less separated. It is this state of Being that can change our world.

If you'd like some support, the Yemaya Centre for Reiki & Wellbeing specialises in holistic approaches that restore the healthy flow of life energy. For instance, a Reiki Aura Treatment is given with the hands 1" - 4" from the body (i.e. not touching). In this case, Reiki treats the aura before entering the physical body. Illness exists first in the aura, and this approach is quite powerful in restoring the energy field, before entering the physical body.

So come to the heart and reconnect at Yemaya.



by Helene Collard

## Coming up at Yemaya Centre

- **Reiki Circle** 1st June 6.30pm. Topic: Reading Energy with your Hands
- **Evolve Event** 15th June at 6.30pm. Topic: 'Art of Abundance: creativity as a path to prosperity' with Michelle Walker
- **Reiki Level 2 course** 17th & 24th June (two Saturdays) 9am-4pm
- **Reiki Level 1 course** 8th-9th July, 9am-4pm
- **Vinyasa Flow Yoga** Tuesdays 5.30pm
- **Yogalates** Fridays 9am
- **Finding Your Core** Fridays 11am
- **Holistic healing treatments:** Reiki, aura treatments, healing heart attunements, craniosacral energetics, reconnective healing, foot reflexology, remedial massage, facial reflexology, life alignment. Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) for more information.

*Helene has a Bachelor of Trauma & Healing, is a Reiki Master and offers regular courses and circles through Evolve Events.*

*Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au) or phone 0405-656-797.*

# The silver bullet

The search for good health into old age is universal. Often a silver bullet is looked for whether in the form of superfoods or strict dietary adherence, certain exercise regimes or a medicine either pharmaceutical or alternative.

If any of these truly were a silver bullet there would be a lot more totally disease free people living to a ripe old age, all adhering to one of these fixes. However when looking at individuals who have lived to an extreme old age, their diet and lifestyles are likely to be diverse, and the advice they give ranges from the sensible to the absurd. The truth is likely to be more complex, with both constitutional strength and lifestyle contributing.

The constitution in Chinese medicine equals jing or essence. Pre heaven essence comes from our parents and cannot be increased. It is determined by factors such as the parent's age and health at the time of conception and the mother's health during pregnancy, including state of mind and diet. It has a major effect on health and longevity. This inherited essence is stored in the kidneys. It determines stamina, resistance to disease, growth and development in children. Post heaven essence is refined by breathing, eating and drinking.

This acquired essence can supplement the reserve of pre heaven essence. The lungs and digestion need to be functioning well to do this. With access to clean air and nourishing food, and avoiding exhaustion through overwork or lack of sleep, we can easily supplement the pre heaven essence, resulting in good growth, energy and resistance to disease. We are lucky to live in a part of the world that generally allows us to lead healthy lives in this respect.

It should also be noted that people with weaker pre Heaven essence have to learn to care for the post heaven essence more. This can in the long run be an advantage, compared with someone with strong pre Heaven essence who squanders it, then is unable to care for their health. There is also the danger of someone with strong pre heaven essence being very successful materially from their strong jing, allowing them to put huge amounts of energy into material endeavours. But they may



by Brigid Beckett

lack sensitivity and fail to develop insights and wisdom, leading to an unbalanced life long term, think Trump.

So, whatever our constitution the four aspects of mind/emotions, diet, exercise and sleep need attention. These four are likened to the four legs of a chair. Each one of these is obviously a huge topic in itself.

But to briefly summarise. Diet should be appropriate to our constitution. The obvious things to avoid are highly processed foods. Excesses should be avoided, whether excessive sweet, greasy, raw, dairy, even excessive seemingly healthy foods such as high protein or fruits and raw food can be inappropriate for some individuals. Generally keep to a balanced diet appropriate to the seasons and one that is enjoyed. Also regular mealtimes, eating when relaxed, eating enough but not over eating are important.

Exercise is also a big topic. Enough exercise to allow the qi to keep moving is important. Too much standing, sitting or lying down in the day constricts qi. Exercise such as yoga or qi gong move qi well. Also anything that the individual finds enjoyable and beneficial to body and mind, may be walking, swimming or dancing. Exercise can be overdone also. Excessive exercise can drain the kidney reserves and have the same effect as overworking, shortening life

rather than giving longevity.

Sleep is when the kidney energy has a chance to replenish itself, chronic bad sleep is very detrimental to health. Generally, sleep between 11pm and 2am is considered especially beneficial. Siestas early afternoon can also help energy. Night work is a problem in being very draining on kidney reserves. Some people are less affected, but long term night shifts almost always result in health problems.

The mental/emotional component is of course considered to be of extreme importance. Overly intense and unregulated emotions, stress, depression, chaotic thinking are all a cause and result of imbalances.

The interconnection of mind and body is of paramount importance. One example can be seen in the nocebo effect, where expecting a bad result has a detrimental effect on health, sometimes dramatically so. It is therefore very important to not get in a negative frame of mind about our health. Health practitioners also have a duty not to unduly scare patients by predicting poor outcomes unnecessarily.

To live a long and healthy life don't rely on quick fixes. Caring for all aspects of ourselves will give the best possible result, as well as increasing enjoyment of life along the way.

*Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560*



# Joachim Sabina's bohemian tribute

by Warwick Fry

I had written words and letters (in the *Nimbin GoodTimes*) with thoughts, half recollected, of my love and hate of Latin pop'n hop.

I was thinking when I wrote it that 'Kitsch' could not approach it... that our Country and Western should just give the 'kitsch' game up.

But no, I was mistaken. I'm now a fan, taken with the cowboys and their cries and wails of woe; because Chavela Vargas, a lesbian Mariachi artist, took it on and found a heart in stone.

"In the Boulevard of Broken Dreams There lives a lady with a Red Poncho..."

These are the opening lines of singer-poet Joachim Sabina in his



Joachim Sabina

tribute song to Chavela Vargas. (who died in her 90s several years ago). And one can only approach Chavela Vargas with poetry. The broken 'Dreams' Spanish songwriter Joachim Sabina writes of in these opening lines are the dreams of the Mexican Revolution,

which were betrayed over and over again. The cowboy songs are strong, the only fault the lady wrong... who betrayed a simple soul beyond repair.

No need for me to comment on this. Chavela Vargas lived the era of Mexico's Bohemian blossoming, when Frida Kahlo and Diego Rivera painted, Trotsky wrote (and was assassinated by the KGB), Augustin played and wrote music and Chavela danced with Frida in that momentarily tolerant era.

"Silver hair, dark skinned  
A half-breed burning with passion  
Courageous cat with a tiger's pelt  
With a voice like the rays of a full moonbeam."

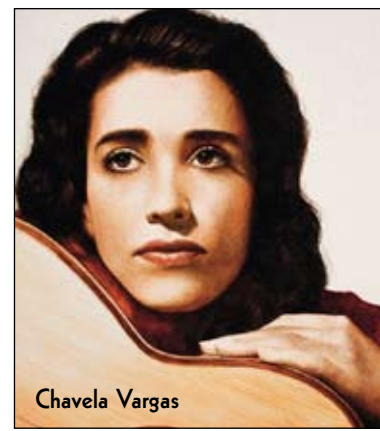
And she understood Mexican culture, as (Spanish born) Joachim

Sabina understood her. She sang for the losers and how they held up. Never mind that the macho cowboys tended to blame women for all their woes. Chavela Vargas sang for them all. All the Mexicans.

She had bitter strings to play, and Joachim Sabina's tribute song turned it into melody. The chorus:

"...Sonreir, Como llora Chevela..."

(Smile, the way Chavela cries)  
Chavela Vargas' signature tune was 'La Llorona'. La Llorona was a figure out of Mexican folklore: The Crying Woman. La llorona was a ghost woman who lured men to their death with her mourning cries for her lost child (abortion or miscarriage... who knows?). It is a powerful signifier for Mexico. The betrayals of the Mexican



Chavela Vargas

Revolution, the intellectual ferment in that country, the bubbling Zapatista insurgency... Nothing or everything to do with the female in the process of social change.

And that was Chavela Vargas, and why the Spanish genius Joachim Sabina wrote and performed this tribute.

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

Freedom versus commitment are the keywords for you during this period. You are pulled between expressing your energy and holding it back. Find a suitable project to put your energy in. During June 5 – July 21 Mars, your ruler, is in the water sign Cancer, taking domestic affairs into the centre of your attention. It is a time when you can manifest your ideas if you are willing to work hard towards it.

### Taurus

Venus, goddess of love and beauty, is in your sun sign during June 7 – July 5, a perfect period for creating comfort, safety and beauty for yourself and your loved ones. Nevertheless, this is a period where you need to be recognised as an individual in your personal relationships. Freedom and independence are important now.

### Gemini

This is the time of the year where you have your solar return, the birth of a new year ahead. What is your vision for the next 12 months? If you feel that you are stopped from doing what you want, move beyond old dogmas while simultaneously taking responsibility and living in integrity with your inner principles and values.

### Cancer

This is the time of the year where you prepare for your next solar return. Take time out and take pleasure in doing nothing! However, Mars in your sun sign during June 5 – July 22 provides you with a cosmic energy boost. Take care during the last week of the month as things are heating up. Know that you have the resources available to make things happen.

### Leo

This is a very social time for you lions and lionesses, maybe even a great period for a meaningful gathering with new and old friends. You might also enjoy harmonious professional relationships, and are inspired to create beauty in your career. There is a lot of artistic potential that needs to be shared with the world around you and the larger world out there.

### Virgo

If you have lost touch with the divine feminine, valued the head over the heart, then this is a great period of rebalancing the yin/yang energies within the context of your daily life. In your work you have reached a climax point and are harvesting the fruits of the last nine months. These current weeks are important for re-orientation towards what is most important to you.

### Libra

Jupiter is moving direct again on June 9 supporting you in following up on ideas

## June

Life seems to speed up during the month of Gemini (May 21 – June 21), followed by the Winter Solstice in the Southern Hemisphere. This is particularly true when Mars is co-present in Gemini as well. Mars, the planetary energiser, has been in the sign of the Twins since April 22 and will enter the next sign Cancer on June 5. However, before the planet of action is moving on, he makes an opposition to Saturn retrograde in Sagittarius, exact on May 29, and a square to Chiron in Pisces, exact on June 2, stimulating mental activities, and dynamic thought processes, that could break through fixed ruts and trigger new connections.

Our current reality is coloured by this pull in different directions: Saturn demands the preservation of old values and forms, while Mars in Gemini needs adventure, stimulation and freedom of expression. The task is moving beyond old dogmas while simultaneously taking responsibility and living in integrity with inner principles and values. Mars/Saturn constellations are perfect for working hard (Saturn) on projects that are challenging (Mars); energies are best applied by manifesting creative ideas that inspire us into reality. The Chiron/Saturn square, activated by Mars, correlates with our current global crisis in consciousness. We need to accept that there are elements in our current reality (Saturn), which we cannot change, regulate or manipulate (Chiron).

Gemini is agile, curious and multi-tasking, seeks diversity and variety. It can order reality logically by connecting one piece of information to another with the intention to form an understandable image of the world, and then communicates it to others in a variety of ways. Mercury, the messenger planet enters Gemini June 7 (until June 21) furthering our ability to communicate and share information. Mercury is a great networker and supportive of Gemini's quest to reconcile differences by merging intellect with emotion, spiritual ideas with material needs. There seem to be always two roads that cannot be travelled simultaneously. That is why the twins are very changeable, restless and often scattered. They like to be light-hearted but can be moody if they are disconnected from their true needs and feel burdened by too many duties.

The Full Moon in Sagittarius on June 9 is opposite the Gemini Sun; Sun and Moon form a stressful pattern with spiritual planet Neptune. In astrology, the gaseous giant is regarded as the archetype of creative inspiration, ruling the world of dreams, symbolic of our ability to imagine, paint pictures and play music. Neptune relates to the right side of the brain and our soul-consciousness, including the development of our



intuition, ability to perceive patterns and think holistically. Neptune's influence can make us dreamy, unfocused and evasive, while Mercury (Gemini) rules logic and the rational mind. The Sagittarius Full Moon in a tension aspect with Neptune highlights the current atmosphere of confusion about the right path to follow. The Black Moon Lilith and Saturn are

on the midpoint of the Full Moon, giving us a deeper understanding of the unconscious energies and motivation affecting the lunar field. Saturn represents our current consensus with its existing limiting beliefs and structures, while the Black Moon stands for what is hidden and denied. The Black Moon in Sagittarius (until November 9) relates to the wisdom of the Earth and the preservation of the wild and natural. We reached the point in our collective evolution, where we must put the Earth first!

The Winter Solstice (June 21 at 2.24 pm) marks the shortest day and longest night on the Southern Hemisphere. This signifies a great moment in time for insight, reflection and contacting our deepest truth. Neptune is square the Black Moon Lilith. In our meditation we dig up repressed emotion, face the shadow and deal with the sentiments that may follow. Our intuitive self (Neptune) knows that the three days prior and three days after the winter solstice are especially potent for releasing physical, mental and emotional blockages.

The Cancer New Moon follows on June 24. Mars and Mercury are also present in Cancer, supporting an atmosphere of caring and sharing for and with those who are close to our hearts. Mars in Cancer squares Jupiter in Libra (exact June 25), trines Neptune in Pisces (exact 26) and is applying to an opposition with Pluto in Capricorn (exact July 2). Emotions can run high during this period and energies are best channelled into creative activities. Jupiter is the eternal optimist and Neptune likes to dream big, whereas unrealistic expectations will be tested by Pluto. The challenge is allowing ourselves to be inspired, while remaining focused in the here-and-now.

**Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2017; contact Tina on 0457-903-957, email: star-loom@hotmail.com**

### Next 1-day Workshops:

▲ 'Secondary Progression and Solar Arc: the Inner Cosmos Revealed', Saturday 24th June, 10am – 4pm at Lillifield Community Centre; 4505 Kyogle Road, Wadeville

▲ 'Ariadne's Thread: Entry points into the Horoscope & Understanding Core Themes', Saturday 1st July, 10am – 4pm at Living Yoga Sanga, Mullumbimby.

For bookings and info, contact Tina as above.

and projects that have been initiated since the end of last year. You are hungry for fresh impulses, so that you can keep growing creatively. The last days of the month might become a bit more intense, especially if you have taken on too much and lost your focus. As always, try to keep things in balance!

### Scorpio

During this period you need to perceive yourself as being on a journey of exploration. What is your quest and in which direction are you heading? There are endings and new beginnings, possibly new business ideas that could be tested for their viability. This is also a time where you need to work out your contracts with others. Open communication and sharing of ideas is the key.

### Sagittarius

The phase where you work alone on your own projects is slowly coming to an end and you might be looking for new arrangements. Whatever you do, try to keep your independence and avoid confrontations or disputes with others. Ego conflicts will make it hard to find creative long-term solutions. On a different level, an old order is fading away while a new one is emerging.

### Capricorn

The tension you might experience during this period is best used for your creative activities. Be aware that you might experience conflicts with others about differences in values and opinions. Sort through your list of duties and responsibilities. There are things that can be left behind and others that you must attend to. Try to be efficient and discover the best way of doing things.

### Aquarius

This is an expressive period for you, where you can be playful, creative and discover your own sense of identity through your connections with others. The task is to bring head and heart together and enjoy the loving relationships that you have with family and friends. Health wise, you need to look after your body, especially if you have neglected yourself. Bottled up energy could lead to accidents.

### Pisces

During this period, your focus is on your home, family and children. You have the vision to create a peaceful and stable atmosphere around you and regard your home as an expression of your creativity. Yes, you do enjoy when others acknowledge you and your work! However, be aware that you might lack discipline during the next seven weeks for fulfilling your daily necessities.



# trivia

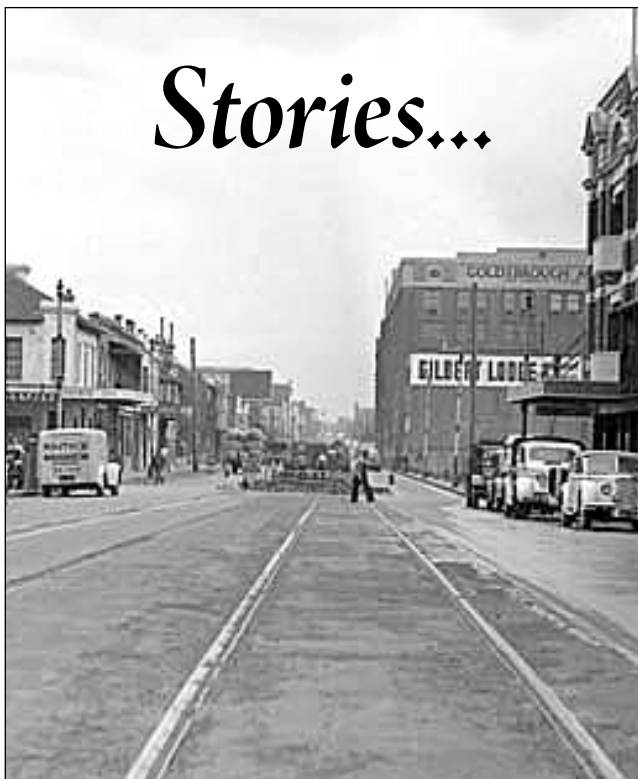
with Martin Gill

## Questions

1. Which US state is named on the label of a Jack Daniels bottle?
2. How many feet are there in a fathom?
3. Who designed the Beatles' Sgt Peppers Lonely Hearts Club Band album cover?
4. Stuttgart pitch the standard musical tuning is 440Hz frequency at which note?
5. Which motor racing track is known as "The Brickyard"?
6. After killing Goliath, David was offered King Saul's daughter as his wife. What price did Saul demand?
7. A jointing/bordering metal strip used in stained/leaded glass windows is called what
8. Which four months of the year are named after their numerical order in the old Roman calendar?
9. In December 2016 Bill English became the 39th Prime Minister of which country?
10. What gas is used in making creamy head beers such as draught Guinness?

- Answers**
1. Tennessee. The one thing the red necks get up.
  2. Six. Just under two metres in grown up speak.
  3. Peter Blake. 50 years when the calendar was fixed.
  4. A. On a piano it's A above middle C. Some people feel it should be 432Hz because this is supposed to be the natural frequency of the universe, and besides, 440 is all a Nazi plot.
  5. Indianapolis.
  6. 100 Philistine foreskins.
  7. Leaded glass.
  8. September, October, November, December. They all got shoved back when the calendar was fixed.
  9. That would be New Zealand, bro. So English is the PM of NZ and Hollande was President of France. Go figure...
  10. Nitrogen. Carbon dioxide is used for the more traditional fizzy beers. Drink more Guinness. Not only will you get a better beer, you'll also lower your carbon footprint.

# Stories...



by Marilyn Devlin

The New Moon in Gemini ushers in our midpoint month of the year; birthing a new lunar cycle, colouring our feelings and emotions and communicating directly with our body.

Gemini, the first of the Air signs, is associated with communication and the conscious mind; ruled by Mercury, known as Hermes – Messenger of the Gods. Son of Zeus, King of the Heavens – he took messages from the gods to mortals.

It's an opportunity for us to become more conscious of our thoughts and the words we use; the way we communicate and interact with others... the stories we tell. What thoughts most regularly occupy my mind, what words most seductively leave my lips? I create my life by the stories I tell... especially to myself.

Gemini offers the perfect time for some serious editing; maybe a total re-write of the most ancient stories. These scripts we hold in our mind and psyche... orchestrate our movements and play out in our life. It's certainly a cycle to take on some serious restructuring of our thoughts, words and stories... and doing so, change the course and experience of our life.

As a writer I'm fond of words and stories. 'There's a story on every corner...' a gorgeous young man with the richest Dublin brogue and radiant smile informed me... as I ordered my latte at the Empire in Mullumbimby on Mother's Day; made my toes curl and skin tingle... my maternal Irish roots... what a perfect Mother's Day's gift.

There are always things we want or need to change or improve... letting go of old patterns of behaviour and reactions that interfere with what we want to achieve. Most times we're unaware of how we speak, the words we use... particularly to our self; the most fundamental and critical communication of all. I see patterns I repeat that contradict desires that I have and things I want.

We have an opportunity this month, thanks to our swift-footed, fast moving messenger friend... to change some things once and for all.

What new story would you like to tell? Reckon we get too caught up in 'reality'... you know, what we see in the physical; Law of Attraction states you think it and feel it and then it becomes... not it just is and you have to accept it whether you like it or not. In other words we hold much more power that we think.

We're alive so we can move... physically, mentally or emotionally. We can move from where we are to a better place. We can say what we want, and no it's not being greedy. We're given the most glorious planet to live on... I don't think the Creator/Universe or whatever you name it, is stingy and mean. Life is the most generous of all... look at the Earth. Nothing is spared... the beauty and giving is everywhere; and the imagination... god, what an imagination. 'Made in the image' the books say... so we have the same potential inside us.

We were born to be great and to have the best. But the trick is... we create it, nobody else. The secret is we're creating every single moment... by the thoughts we think, the words we use and the feelings we feel. We were born creators... so I'm getting on with communicating my own unique life story. I invite you to join me in creating your own special life story.

The above photograph was taken in 1955 in Ultimo Sydney. I celebrated my 7th birthday and our first house was two blocks from where this photo was taken. Four years earlier in 1951, in the residence front left of the photo, was a Barber Shop – it was blue, I remember it – we were staying with relatives; it's where I contracted the Polio virus.

Our life is full of stories, so many different chapters... time for creating some new ones.

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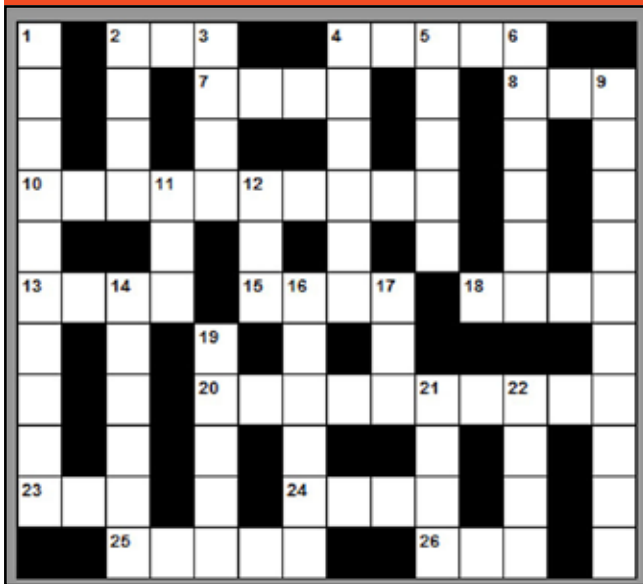
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# Nimbin Crossword

2017-06  
by 5ynic



## Across

2. Definite article
4. Donated? Accepted fact.
7. Avatar of Vishnu
8. Mine (init.)
10. Reachable?
13. Deal
15. Land surrounded by water
18. You might (12 down) on this
20. Scientists of the natural world
23. Eusocial insect
24. Bird of prey
25. Books
26. Grassed ground? Bugger

## Down

1. Online navigational aid? Hansel's way home

2. White powder
3. Goes wrong
4. Frisk
5. Vaporiser-using fellow
6. Town
9. Lowest-paid restaurant staff? Plongeur
11. Day before
12. Balance sport, e.g. behind a powerboat
14. \_\_\_\_\_ steamer (small boat for domestic mail)
16. Baby carriers?
17. Companion to the Id
19. Liquid remains when blood coagulates

21. Turns
22. Bought

Solution: Page 37